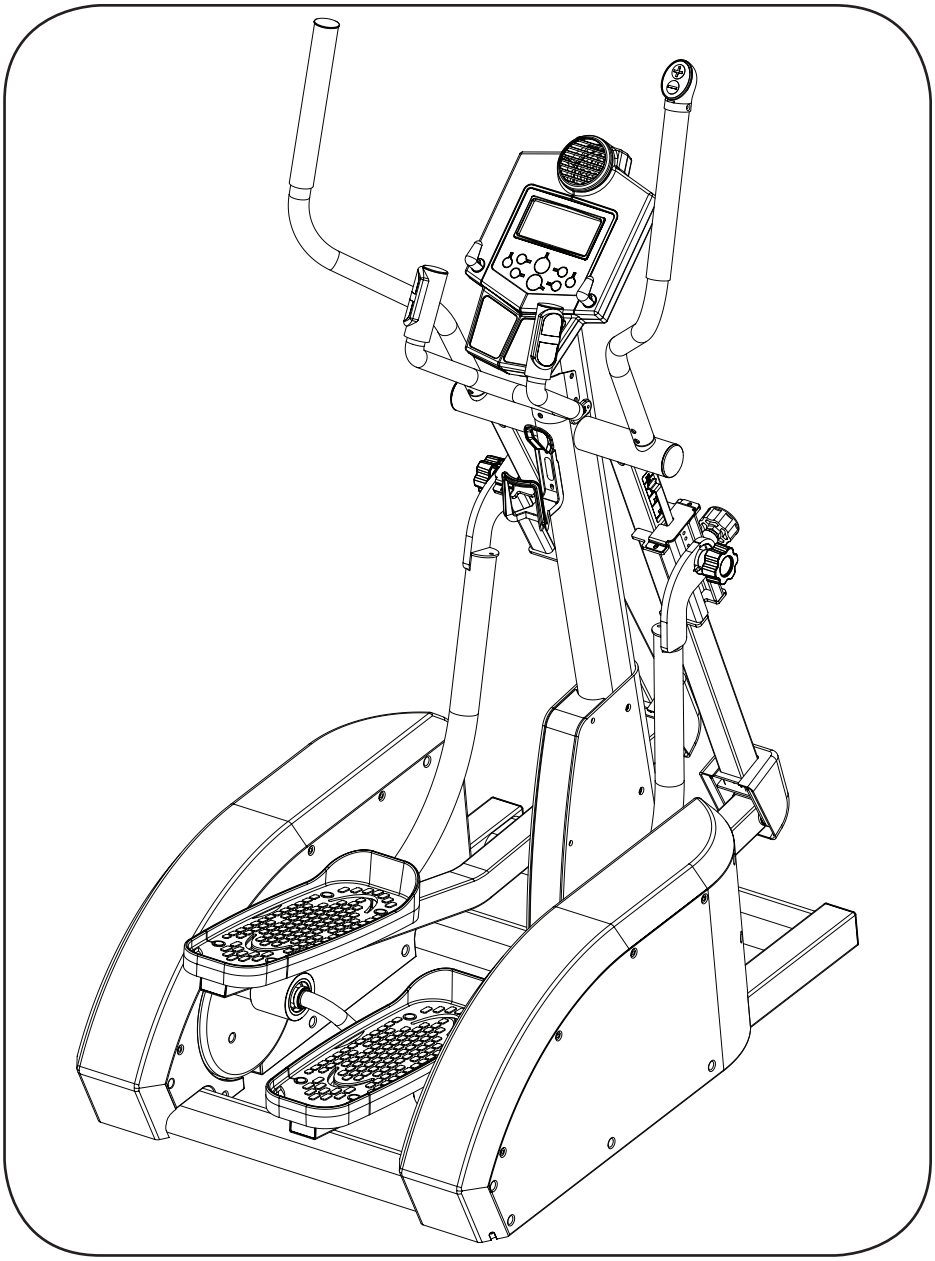
CARDIO ZONE

E-CZ300

Owner's Manual
E-CZ300 Elliptical



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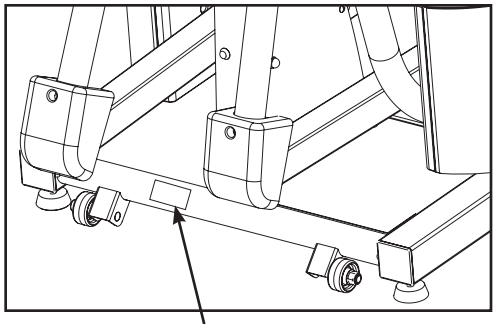

SERIAL TAG IS LOCATED ON THE FRAME

Model Name: E-CZ300
Date of Purchase:_____
Serial Number:_____

315-00120
08/07 Rev A

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Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. This unit has a user maximum capacity of **300** pounds.

3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. CardioZone recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.

4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.

5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.

6. Always examine your unit before using to ensure all parts are in working order.

7. Allow the unit to fully stop before dismounting.

8. Pets should never be allowed near the unit.

9. Do not leave children unsupervised near or on the unit.

10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

11. Never insert any object or body parts into any opening.

12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.

13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

14. Failure to follow these instructions will void the unit warranty.

Important Safety Information

SAFETY PRECAUTIONS AND TIPS FOR CHEST STRAP

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

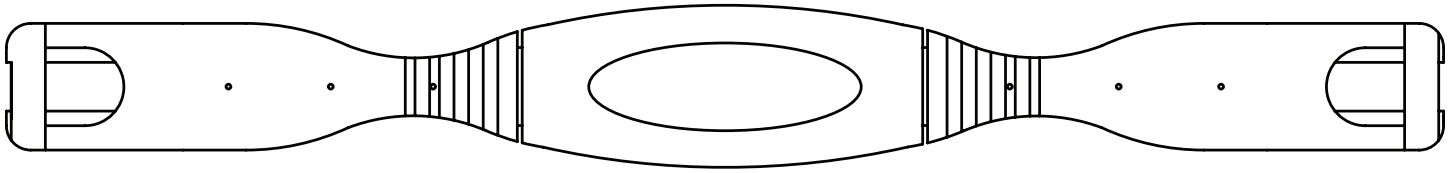
2. Do not place chest strap near devices that generate large magnetic fields. TV sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance. These items can interfere with the heart rate signal and possibly affect the heart rate readings on the console.

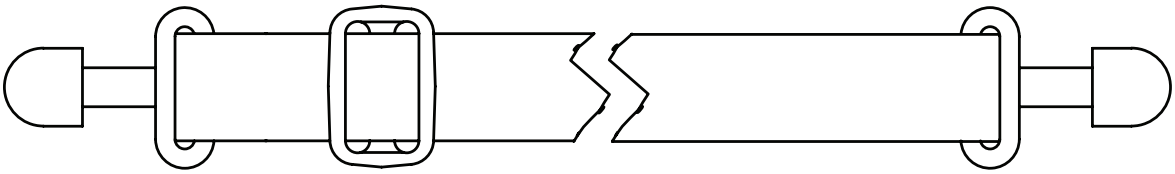
3. Handle the chest strap with care. Dropping the transmitter might cause damage that could void the warranty.

4. Do not use the chest strap if you have a cardiac pacemaker or if your are taking medications for a heart condition. Medication or electrical pulses from the pacemaker can interfere with accurate heart rate readings.

5. Do not bend the strips inside the chest strap. This can cause the chest strap to lose conductivity.

6. The chest strap has batteries that need to be replaced periodically. A faulty battery can cause an inaccurate reading.





Important Safety Information

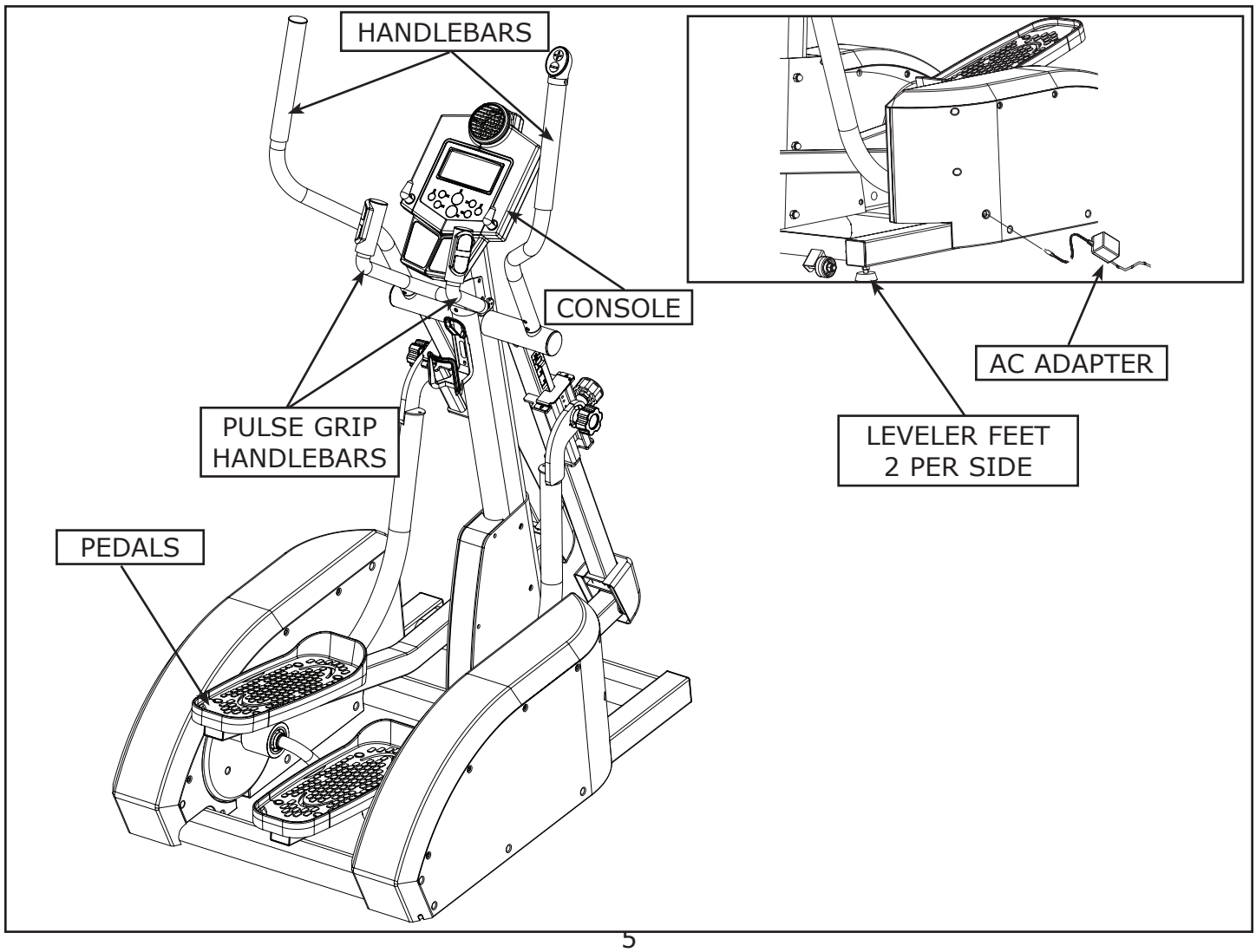
Thank you for purchasing the CardioZone **E-CZ300 Elliptical**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. CardioZone recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly

Getting Started - The CardioZone E-CZ300 Elliptical will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location. Locate all hardware bags, Labeled Figure 1 through Figure 9, with the exception of Figure 8. If you are missing any bags, please call CardioZone at 1-888-340-0482. Tools have been provided to assist with product assembly.

Figure 1

Locate bag labeled Figure 1. Locate console tube. Attach console tube to main frame. Slide tube down into main frame. Connect upper console wire to lead wire assembly. Secure using three M10*80 mm hex head screws extending through the frame and console tube, three 10*20 washers and three crown nuts, M10*1.5. Use three M10*120 hex screws to secure through the front of the console tube and main frame.

Note: *Ensure that all wires are secure inside console. Be careful not to pinch wires.*

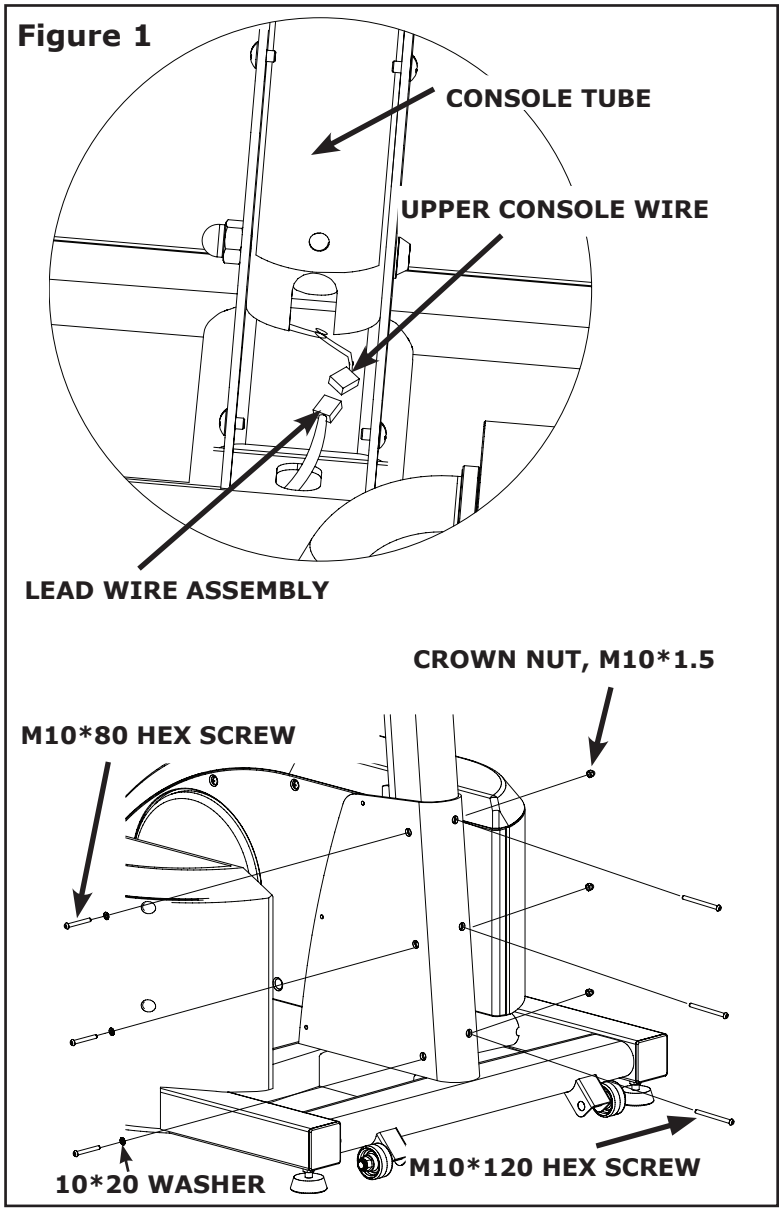


Figure 2

Locate bag labeled Figure 2. Locate cover. Secure cover to main frame by using three M5*0.8-12 screws on the left side of unit. Repeat for the right side.

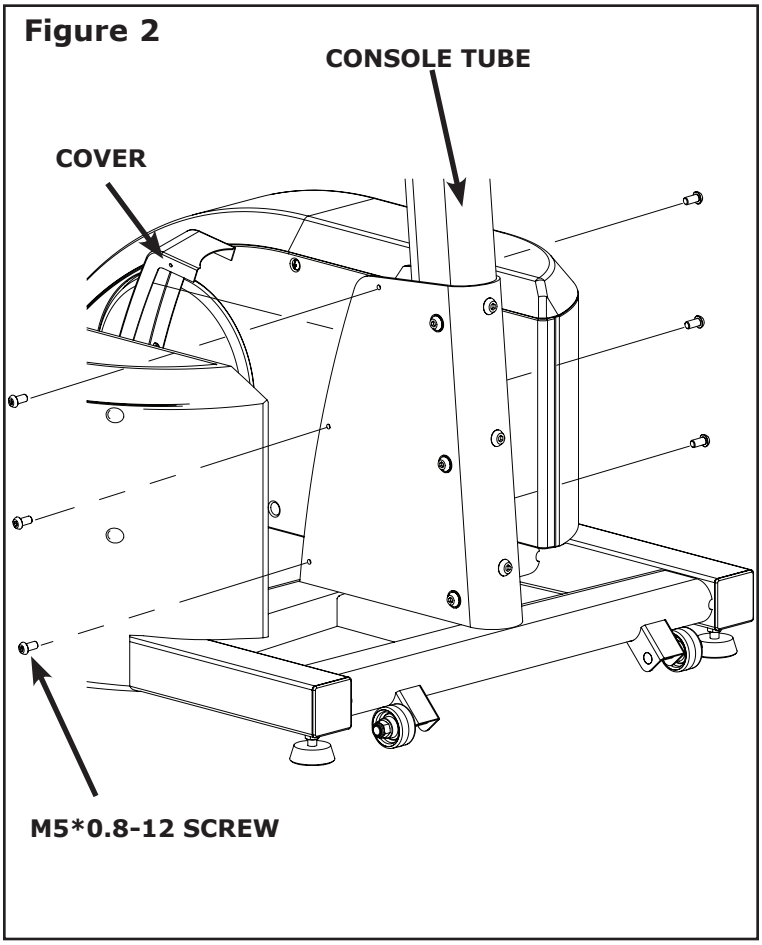


Figure 3

Locate bag labeled Figure 3. Locate left and right handrail assemblies. Secure left handrail assembly to console tube by using one washer, one spring washer, one M10*20 hex bolt, and one end cap. Repeat for the right side.

Note: *The handrail assembly will only go onto the console tube one way. The connector on the middle of the handrail assembly will face outwards.*

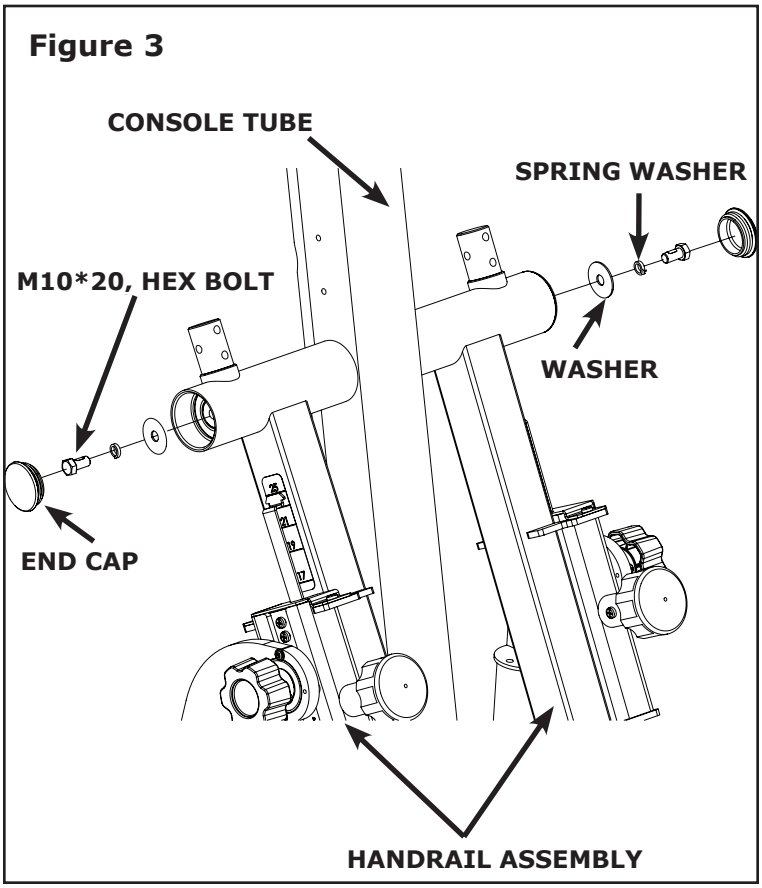


Figure 4

Locate bag labeled Figure 4. Lift and place left linkage onto shaft sleeve and align holes. Secure linkage to unit using four M8*12 mm hex bolts. Repeat for right side.

Note: The linkage is secured to the sleeve with three M8*12 hex bolts on the top of the linkage and one M8*12 hex bolt on the bottom of the linkage.

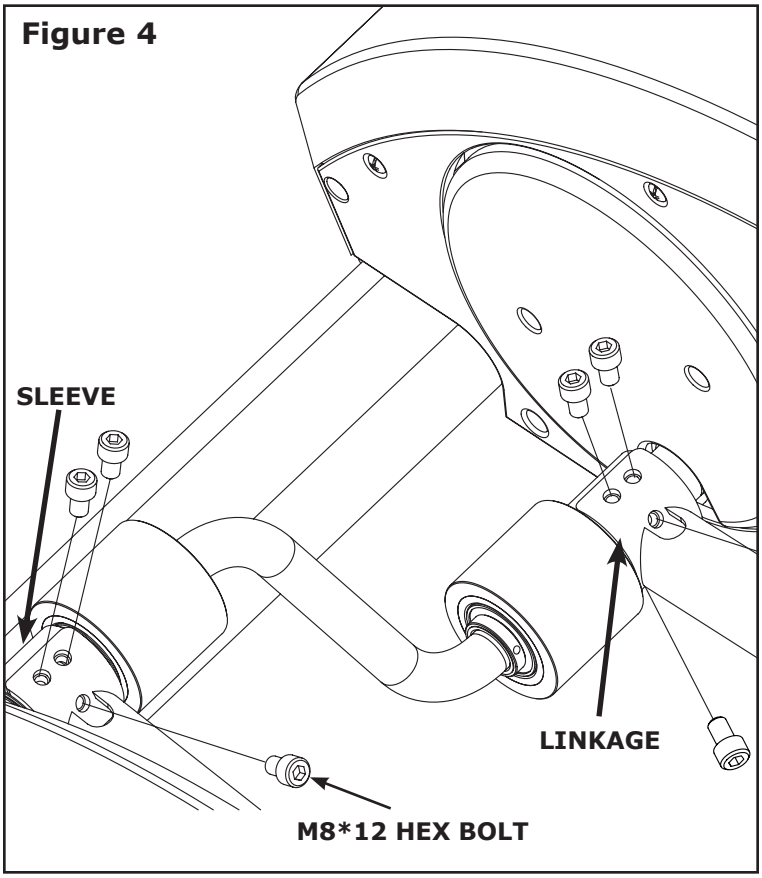
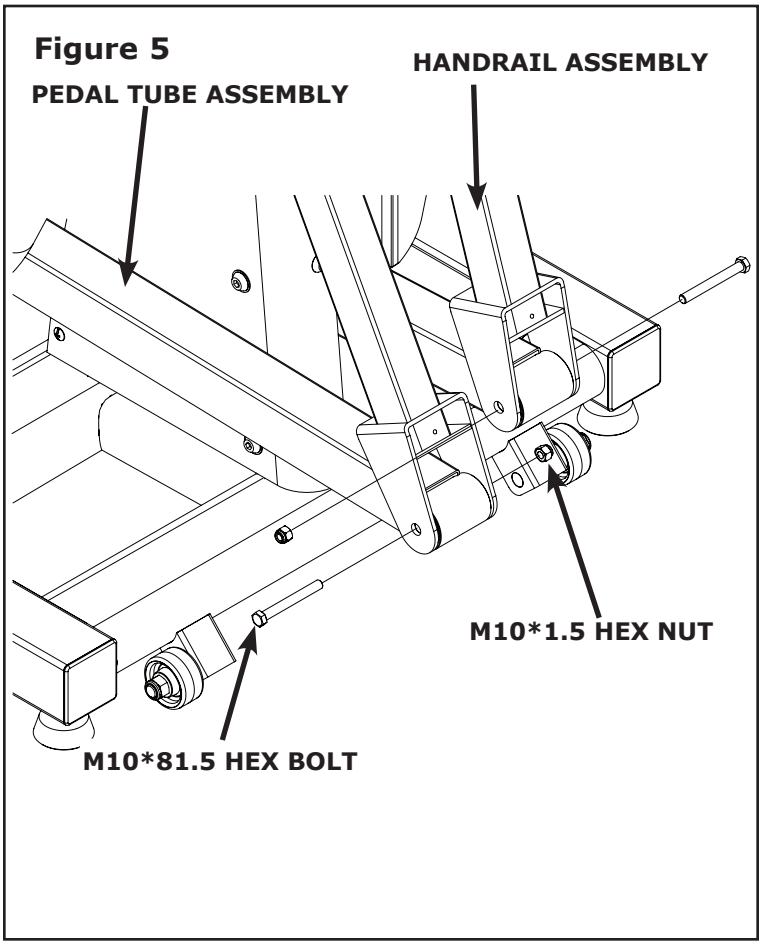


Figure 5

Locate bag labeled Figure 5. Locate right pedal tube assembly. Secure pedal tube assembly to the handrail assembly with one M10*81.5 hex bolt and one M10*1.5 hex nut. Please ensure that pedal arm is aligned in the center of roller wheel while tightening M10*81.5 bolt (Figure 5a). Repeat for the left side.

Note: It is recommended that 2 adults align and secure the pedal tube assemblies to the handrail assemblies.



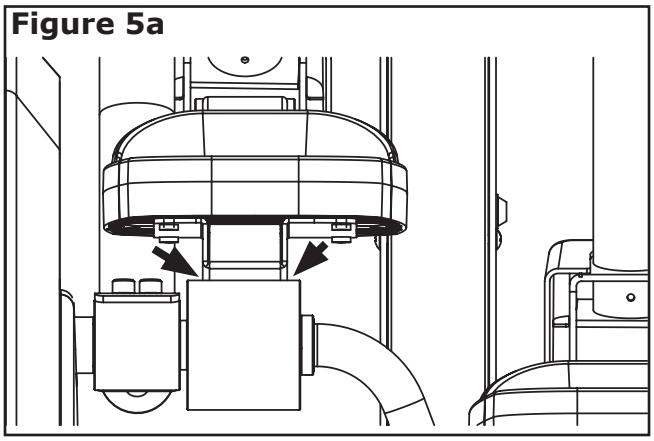


Figure 6

Locate bag labeled Figure 6. Locate bracket covers. Attach bracket cover to the handrail assembly by lining up hole, and securing using one screw, M5*0.8-12. Repeat for other side.

Note: *Do not overtighten screw, this will damage bracket cover.*

Figure 6

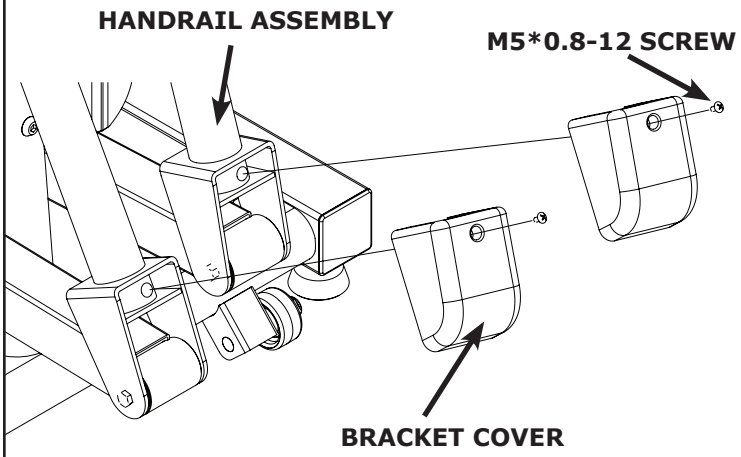


Figure 7

Locate bag labeled Figure 7. Locate handlebars. Attach left handlbar to handlebar assembly using three M8*16mm hex bolts. Repeat for other handlebar. Ensure that toggle wire is not pinched and moved out of the way.

Figure 7

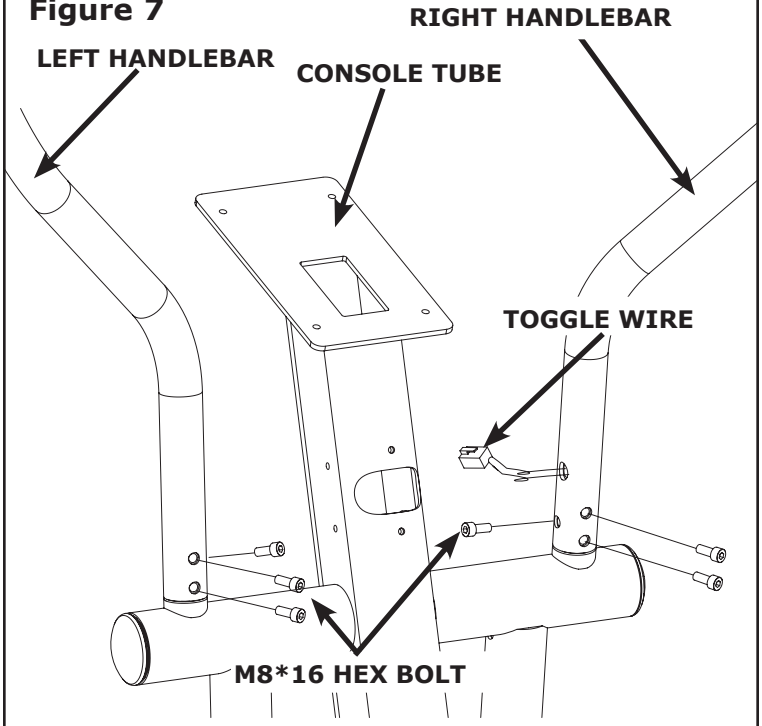


Figure 8

Locate Console. Connect upper console wire and pulse wires to the appropriate location on the back of the console. Secure console to console tube using four screws. ***Note:*** *The four console screws will already be installed into the back of console when you remove it from the box.*

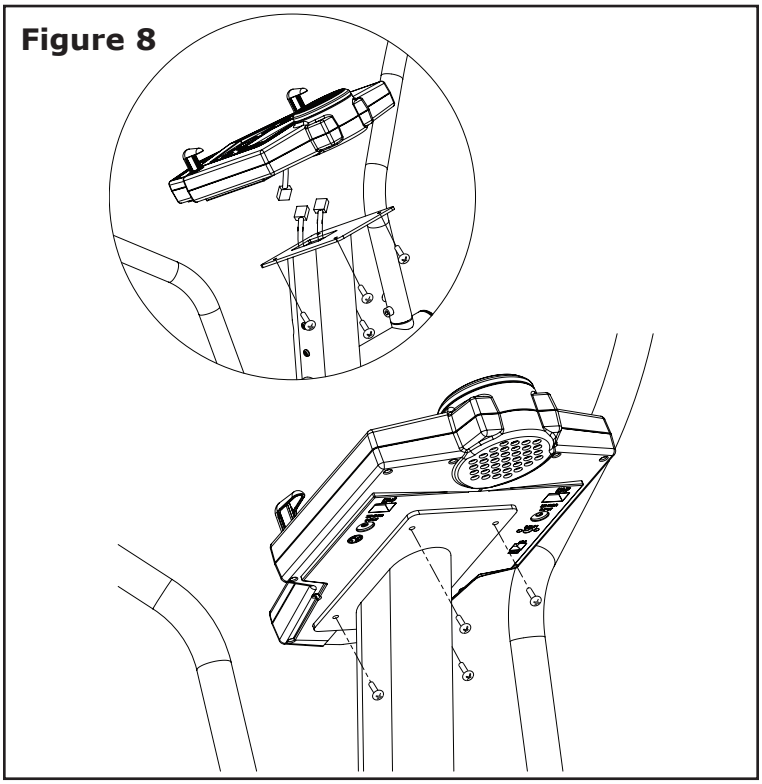


Figure 9

Locate bag labeled Figure 9. Connect the pulse wires coming from the pulse handlebar assembly to the pulse wires from the console. Secure pulse handlebar assembly to console tube using six M6*10 hex socket head bolts. Insert toggle wire into the toggle jack located on the console tube. ***Note:*** *Ensure that all wires are secure inside console tube. Be careful not to pinch wires.*

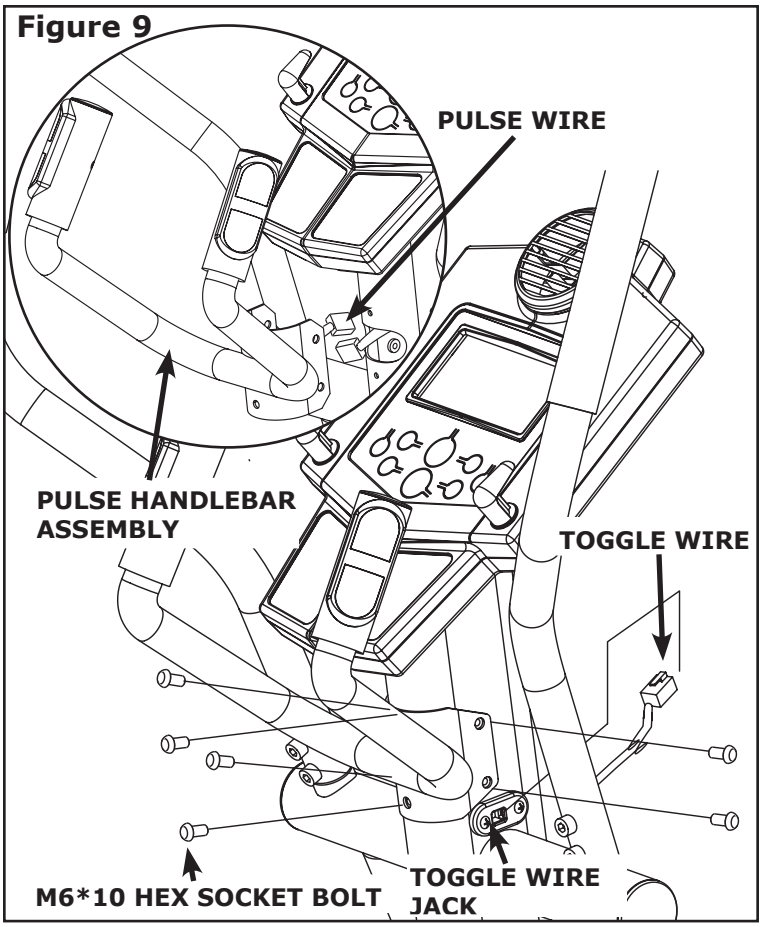
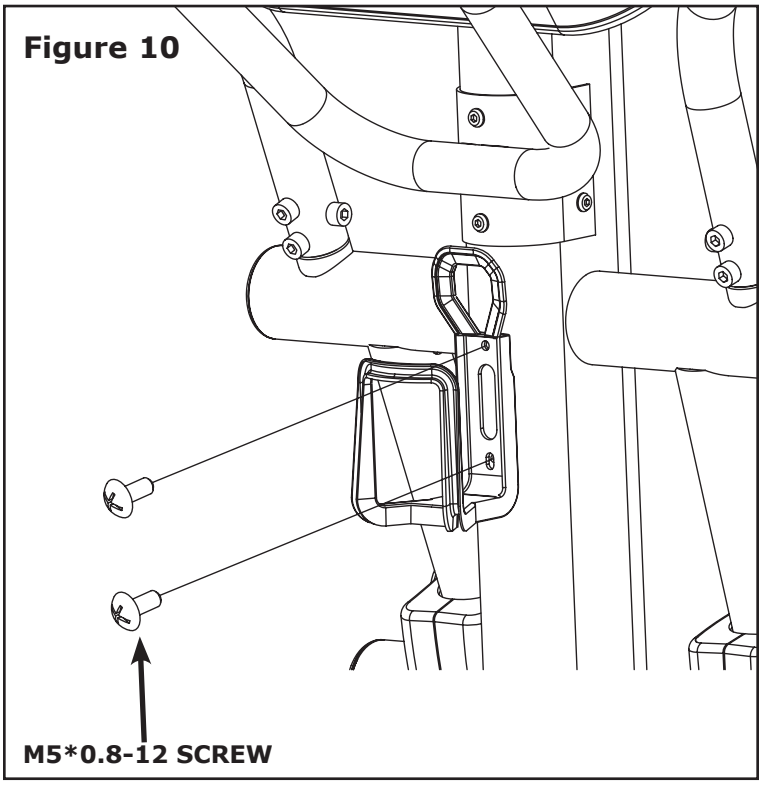
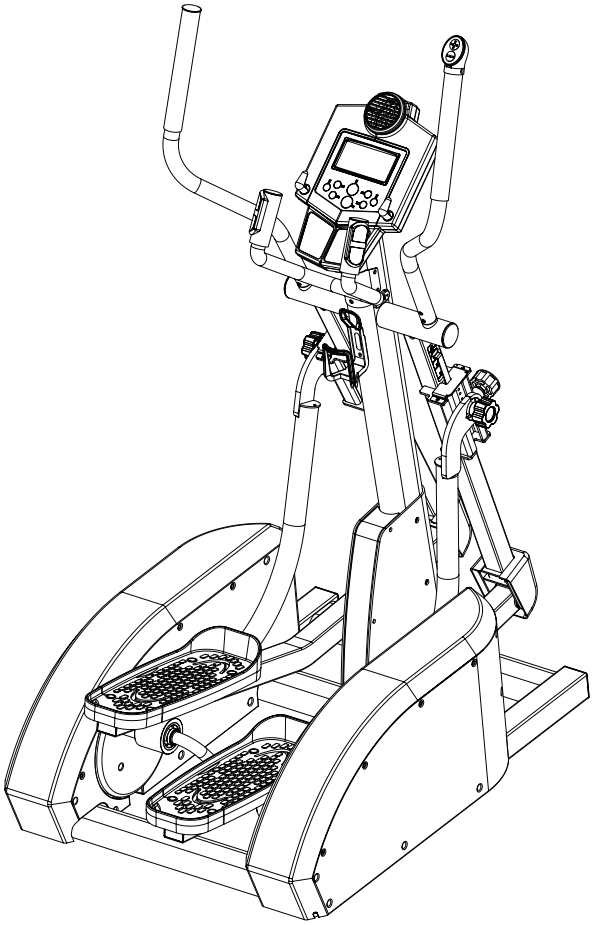


Figure 10

Secure bottle holder to console tube using two M5*0.8-12 Screws.





CONGRATULATIONS!

You have completed assembly of your E-CZ300 Elliptical.

Console Instructions

Take a few moments to review the console layout. Below is an overview of the console keys and their different functions.

CONSOLE BUTTONS:

MODE:
This button is used as an entry key, which will allow user to confirm settings such as time, distance, calories and pulse.

RESET:
This button is used to return to main menu screen when workout is paused. Its also used to reset all values to zero.

START/STOP:
This button is used to start or stop training

RECOVERY:
This button is used to begin the Recovery feature of the console (refer to "Fitness Test" for more information).

UP/DOWN:
These buttons are used to change programs and settings.

FAN:
Console is equipped with a fan that has four settings, AUTO/LOW/MED/HIGH/OFF. Press the button to turn the fan to the preferred setting. The AUTO setting will adjust the fan speed based on the RPMs produced, the more RPMs produced the faster the fan speed will be.

BODY FAT:
Press the button to start body fat measurement (refer to "Bodyfat Program" for more information).

BUTTONS ON UPRIGHT HANDLEBAR

In order to offer more flexibility during your workout, an additional toggle switch is placed on the right upright handlebar. The button is used to change the resistance of the workout. It is used the same way as the button on the console. This button may be used at anytime as a substitute to pressing the button located on the console.

CONSOLE FUNCTIONS

TIME:
If a target time was not selected, time will count up from 00:00 to maximum 99:59. When working out with a target time, time will count down from target to 00:00. When selecting target time, use the +/- buttons, the time will change in 1 minute increments and can range from 1:00 min to 99:00 mins.

SPEED:
Displays current training speed from 0.0 to maximum 99.9 KM or MPH.

RPM:
Displays current training revolutions per minute.

DISTANCE:
If a target distance was not selected, distance will count up from 0.00 to maximum 99.90. When working out with a target distance, distance will count down from target to 0.0. When selecting target time, use the +/- buttons, the distance will change in 0.1 mile increments and can range from 0.00 miles to 99.90 miles.

CALORIES:
If target calories were not selected, calories will count up from 0 to maximum 990. When working out with target calories, calories will count down from target to 0. When selecting target calories, use the +/- buttons, the calories will change in 10 calorie increments and can range from 0 calories to 990 calories.

PULSE:
Displays your current heart rate as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors that are located on the upright and near the seat. ***Note:*** *It may take several seconds for the electronics to detect and display an accurate heart rate reading.*

WATT:
Displays current training watt figures. A watt is a measurement of the amount of power generated by the user based on the resistance and speed.

RECOVERY:
After your workout, keep holding on hand grips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 01:00 to 00:00. Screen will display your heart rate recovery status rating between F1-F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

CALENDAR:
Screen will display year/month/day in sleep mode. When the unit is plugged in the console will prompt user to input correct information. Use the UP and DOWN button until correct year is found. Press MODE to confirm selection. Repeat steps to input correct month and day.
Note: *All information will be saved until unit is unplugged.*

CLOCK:
Screen will display time in sleep mode. Once the calendar is set, you will be able to input the correct time. Use the UP and DOWN buttons until the correct hour is found. Press MODE to confirm selection. Repeat steps to input correct minutes. ***Note:*** *All information will be saved until unit is unplugged.*

TEMPERATURE:
Screen will display room temperature in sleep mode.

GENERAL INFORMATION:
1. Start Pedaling or press any button to start Console.
2. The Console will shut down after 4 minutes of no activity, and will display room temperature.
3. To Reset Console press and hold the START/STOP button for 2 seconds.

Note: *The values calculated or measured by the console are for exercise purposes only, not for medical purposes.*

GETTING STARTED:
Press MODE to enter USER SELECT. Use the UP/DOWN to select a User. Press MODE to select a User. Press the UP/DOWN key to select HEIGHT. Press MODE to confirm the value. Use the UP/DOWN key to select WEIGHT. Press MODE to confirm value. Use the UP/DOWN key to select AGE. Press MODE to confirm value. Use the UP/DOWN key to select GENDER. Press MODE to confirm value. Press START/STOP to enter program mode.

PROGRAM INSTRUCTIONS:

MANUAL PROGRAM:
Allows the User to manually adjust tension settings throughout their workout. The default tension level is 6. You may set Time or Distance for your workout.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons.

PRESET PROGRAMS:

Each Program is divided into ten segments.
Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

USER PROGRAM:

It allows you to customize a workout session. This program is divided into 10 segments. TIME, DISTANCE, KCAL and Tension can be set for each interval. The program will be stored in the Console's memory after set-up.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Column 1 will flash on display. Use the UP/DOWN keys to set Tension for this interval. Press MODE to confirm value. Repeat for segments 2-10. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons. If the tension level is changed during your exercise session, this new value will not be saved into the console.
To make a permanent change, you must call up program again and repeat steps for each segment with new tension settings.

WATT PROGRAM:

In the program, the WATT function will keep a constant value. This means that if you pedal quickly, the tension will decrease, if you pedal slowly the tension will increase to maintain the Watt value entered.

For this program you must choose to set TIME or DISTANCE. Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE, KCAL and WATT. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

HEART RATE PROGRAMS:

Heart rate control programs are designed to automatically adjust the elliptical's resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal.

In all Heart Rate Control programs, the console only accepts the heart rate signal from the chest strap transmitter. Make sure that the Heart Rate Receiver is plugged into the side of the

Console. The chest strap will not function if it is not plugged in. Once the Heart Rate Receiver is plugged in, the pulse grip heart rate function is disabled. The requirement to wear the chest strap is due to the superior accuracy of a chest strap transmitter compared to the pulse grip sensors.

Proper Installation of Heart Rate Receiver

It is suggested on the Chest Strap Transmitter positioning that you place the transmitter as close to your heart as possible, against the skin about 1-2 inches below the pectoral muscles. For best results, moisten the back of the transmitter for better contact.

There are three Heart Rate Programs. 60% HRC (Heart Rate Control), 75% HRC and 85% HRC. The Console will adjust the Tension to keep you within your Target Heart Rate ± 5. Example: The tension will increase if your Heart Rate is below the Target Heart Rate. The tension will decrease if your Heart Rate is higher that your Target Heart Rate.

Press MODE until Program number shows on display. Use the UP/DOWN buttons to scroll to this program. Press MODE and set values for TIME, DISTANCE, KCAL, AGE and TARGET HEART RATE. Use the UP/DOWN keys to adjust the values. Press MODE after correct value shows on display. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You may also choose the TARGET HEART RATE WORKING PROGRAM under the 3 main HEART RATE PROGRAMS. This allows the user to set a TARGET HEART RATE to exercise at for a period of TIME or a set DISTANCE.

BODY FAT PROGRAM:

This program is designed to calculate body fat ratio and to design a specific tension profile. In order to use this program correctly, make sure the personal data has been input and correct. Press the BODY FAT button, and hold on to the hand grips to start body fat testing. The console will display "- - - - - - - - " while testing is in progress. After 8 seconds, you will see the BODY FAT in percentage and BMI. After program is completed, three values will be displayed:

Body Fat: Body Fat is the percentage of a person's body mass that is not made up of either; bones, muscles, organs, or water.

BMR: Stands for Basal Metabolic Rate. Basal Metabolic Rate (metabolism) is the rate at which your body uses energy (calories) at rest, affecting total energy needs.

BMI: Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

If the console has experienced an error, it will display on of the following error codes:

"E-1" - When the console displays this error, it means you did not put your hands properly on the sensor. Please try again.

"E-4" - When the console displays this error, it means that the BODY FAT is out of range.

After BODY FAT testing is completed, press the BODYFAT button to continue workout.
Note: For a more accurate reading, hold the handgrip with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test. All of the figures below are not intended to be used as medical guidelines. Please consult your physician for more accurate and personalized recommendations.

Body Fat

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Average	22-25%	15-18%
Above Avg	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

Body Mass Index

Body Type	Range
Underweight	<18.5
Ideal	18.5-25
Overweight	25-30
Obese	>30

FITNESS TEST: (Pulse Recovery Feature)

The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1-F6)

Adjustment Instructions

How to adjust the stride length

The E-CZ300 is equipped with a manual stride length adjustment system. This system allows the user to select a stride length between 17" and 25".

To change the stride length:

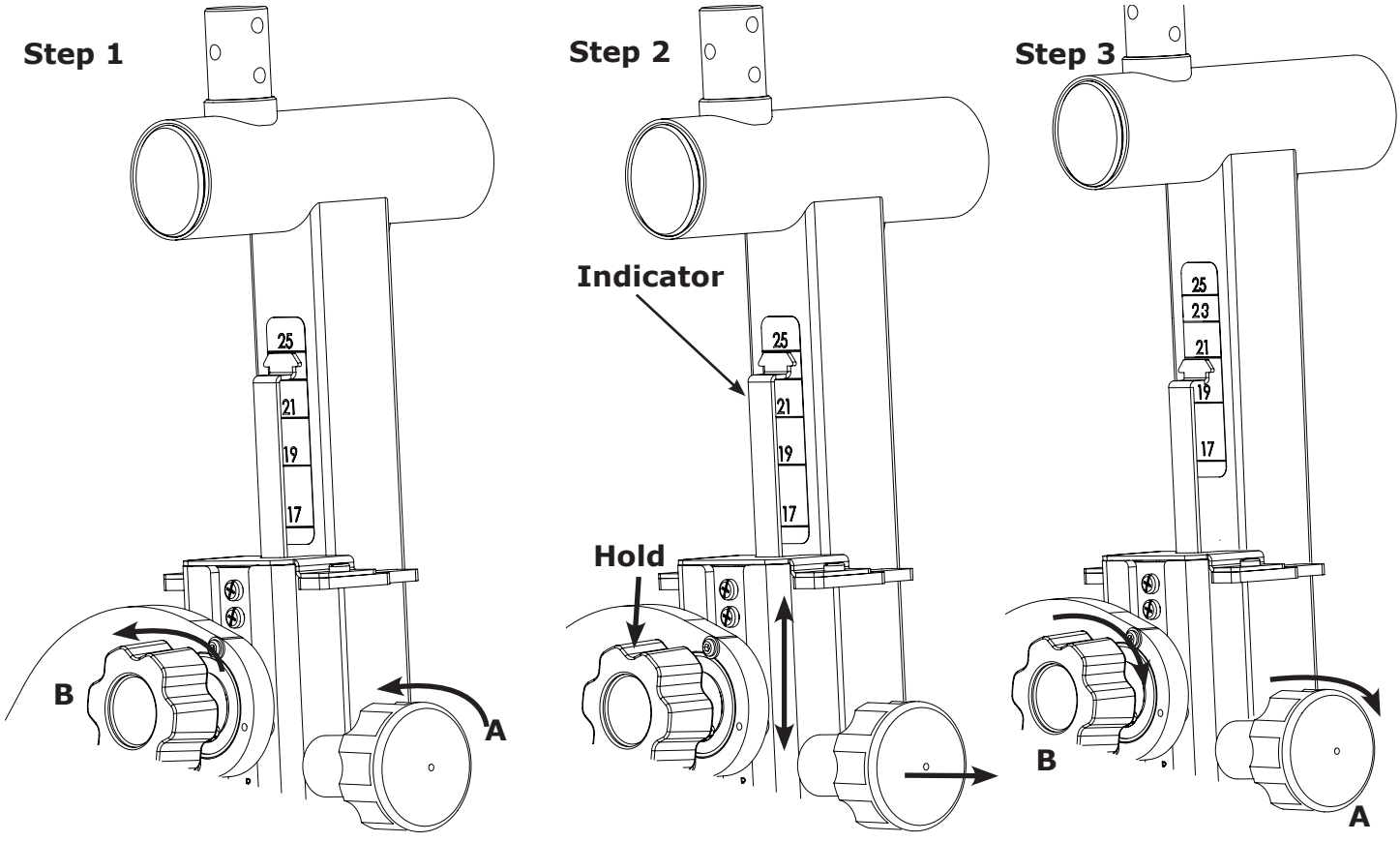
Step 1:
Loosen both knobs (A & B) by turning them counter-clockwise, making sure not to fully detach knob B from the unit.

Step 2:
While holding onto knob B, pull knob A outwards to disengage locking pin and hold it outwards. Slide the adjustment system either up or down, until desired stride length is achieved, and release knob A to engage locking pin.
Note: *The indicator will display the current stride length of the unit.*

Step 3:
Tighten both knobs (A & B) by turning them clockwise.

Repeat steps 1-3 for the other side.

WARNING: To prevent personal injury, make sure that both the right and left sides of the unit are set to the same stride length before working out.



Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.
According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)
MHZ x .60 = 60% of your maximum heart rate.
MHZ x .75 = 75% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHZ)
190 x .75 = 142 (high end or 75% of MHZ)
30 year-old (THR) Target Heart Rate would be 114-142

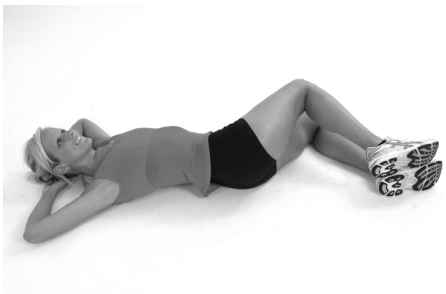
Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.

Prone on Elbows
Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.

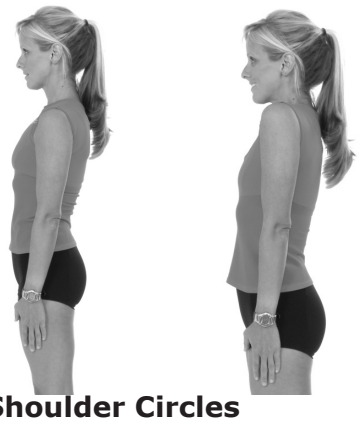


Supline Lumbar Rotation
Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.

Knees to Chest
Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.

Cat and Camel
Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times

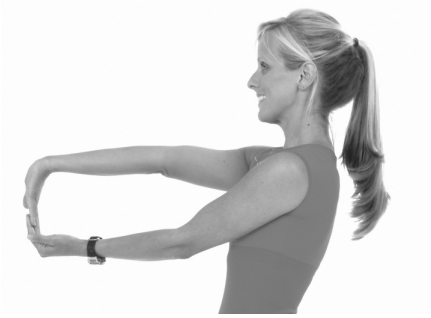
Cervical Side Bends
Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



Shoulder Circles
In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor
Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.

Wrist Flexor
Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.

Triceps Stretch
Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.

One-Arm Pectoralis Stretch
Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.

Piriformis Stretch
Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.

Groin (Adductors) Stretch
Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Calf Stretch
Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and you left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.

Standing Quadriceps Stretch
Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.

Achilles Stretch
Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

Trouble Shooting Guide

Symptom	Possible Cause	Solution
Console has no power	DC adapter is not plugged into wall outlet?	Plug DC adapter into wall outlet
	DC adapter cord is not plugged into E-CZ300?	Plug DC adapter cord into E-CZ300 power socket
	Console cable is not connected?	Verify that console cable is connected properly
	The computer is faulty?	Call the CardioZone service number
Strides/Min or Speed shows 0	Computer isn't receiving a signal from the sensor?	Check that the sensor magnet is correctly fitted and passes in front of the sensor
		Check that the gap between sensor and the magnet is 3mm or less
		Check that all the computer plugs and sockets are correctly and firmly connected
		Check that the computer wires are not damaged
	The sensor is faulty?	If all above checks are okay, then replace sensor
	The computer is faulty?	Call the CardioZone service number
No HR signal or incorrect HR signal	Computer is receiving a faint or intermittent pulse signal	Check that the pulse plugs are firmly inserted into the sockets
		Check to make sure that the batteries in the chest strap are installed correctly
		Replace the chest strap batteries
		Check to see if the receiver is properly installed
		Check to see if the chest strap is being properly worn by user - if skin is extremely dry, then moisten contact points on chest with water and try again
		If problem still exists then call the CardioZone service number
Noise from motor	Symptoms include an unusually loud noise coming from the motor, which means the gears are not meshing correctly	Try reversing the resistance and try again. If this fails, then replace the motor.

CLEANING/MAINTENANCE -

Your **E-CZ300 Elliptical** has been manufactured to withstand many hours of use with minimal maintenance.

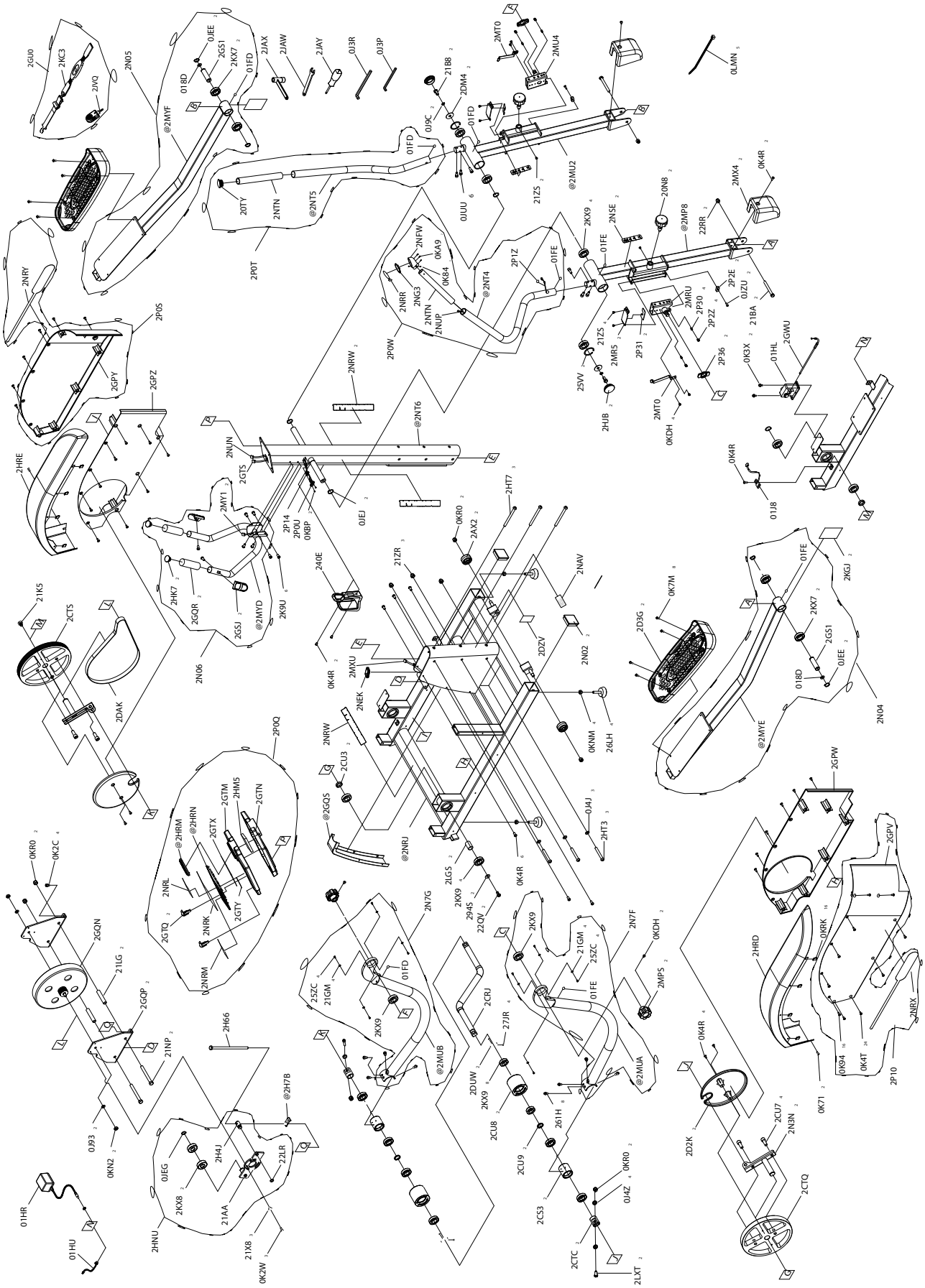
Periodically wipe down your machine with mild, soapy water or a diluted general purpose household cleaner. Machine should be wiped down to remove sweat after each use.

Parts List

E-CZ300 PARTS LIST REV A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
018D	302-00098	FLAT WASHER 16*20-0.3MM	2	2H7B	306-00693	SLEEVE ASSY, ACHIEVER	1
0JEG	302-00109	C-RING A-20	1	2HK7	306-00726	END CAP, CONSOLE TUBE AEROS	2
0K94	302-00115	CR. RE. TRUSS HD. TAPPING SCREW M5*12-16	23	2GSJ	306-00727	HAND PULSE W/GRIP, AEROS	2
0J3R	302-00142	WRENCH HEX. 6-83MM	1	2GSJ	306-00727	HAND PULSE W/GRIP, AEROS	2
0KRK	302-00144	U-TYPE NUT M5-12MM	32	2GQR	306-00729	FOAM GRIP, AEROS	2
0K2W	302-01131	BOLT M5*12	3	2HJB	306-00732	END CAP, LINKAGE CTM-9.2E	2
2CU7	302-01272	HEX. SOC. HD. CAP BOLT M12*1.75-30	8	2N02	306-00741	END CAP, CH1-HR	2
261H	302-01275	HEX. SOC. HD. CAP BOLT M8*1.25-12, BLACK	8	2MRU	306-00805	SLIDER ASSY, RIGHT CG1-HR	1
22RR	302-01276	HEX. NUT M10*1.5,T8 ZINC	2	2MU4	306-00806	SLIDER ASSY, LEFT CG1-HR	1
22QV	302-01277	HEX. SOC. TRUSS HD. SCREW M10*1.5-20	2	2CTC	306-00945	COLLAR, NYLON, CENTERG/ACHIEVER/CDT	2
21NP	302-01280	HEX. HD. BOLT M12*1.75-110, ZINC	2	2HM5	306-00986	FAN, E-CZ100	1
21BA	302-01281	HEX. HD. BOLT M10*1.5-81.5	2	20TY	306-00987	END CAP, E-CZ100	1
21B8	302-01282	HEX. HD. BOLT M10*1.5-20, ZINC	2	2HRM	306-00990	FAN PROTECTOR, E-CZ100	1
0KR0	302-01285	LOCKING NUT, M12*1.75 T12	6	2P1Z	306-00991	STRAIN RELIEF"ROHS" F-TYPE SPT-2 2C 18	1
0KNM	302-01287	HEX. NUT, M10X1.5 CT=8	4	2GTQ	306-00992	BOOKSTAND	2
0K7M	302-01290	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8	2P31	306-00993	RUBBER PAD	2
0K4R	302-01291	CR.-RE. TRUSS HD. SCREW M5*0.8-12	19	2P2E	306-00994	STOP PLATE	2
0K3X	302-01292	CR.RE. PAN HD. SCREW & WASHER M5*0.8-14	2	2P36	306-00995	SHAFT SLEEVE	2
0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4	2NEK	306-00996	STRAIN RELIEF E07LF	1
0J4Z	302-01294	FLAT WASHER, 12X20-3	4	01HL	307-00055	MOTOR 600E	1
0JEJ	302-01296	C-RING A-25	2	01HR	307-00111	AC ADAPTER, CENTER-G	1
2CU3	302-01301	CENTER SHAFT WASHER	2	2KC3	307-00721	CHEST STRAP, CG1-HR	1
2DUW	302-01303	RETAINING RING, CENTER-G	2	2HRN	307-00733	TOP ELECTRON PANEL, E-CZ100	1
21X8	302-01304	SPACER, CENTER-G/ACHIEVER/CDT	3	2GTY	307-00735	TELEMETRY HR BOARD, E-CZ100	1
0J93	302-01307	SPRING WASHER, M10, BLACK	2	2JQV	307-00736	RECEIVER	1
0J9C	302-01308	SPRING WASHER, M10, ZINC	2	2GTX	307-00737	CONSOLE CONTROLLER CIRCUIT	1
27JR	302-01312	HEX. SOC SET SCREW, M5*6	4	21K5	310-00187	MAGNET AND BRACKET, CENTER-G/ACHIEVER	2
0JEE	302-01346	C-RING, A-17	4	2GQP	310-00193	RETAINING CLIP, ACHIEVER	2
25VV	302-01347	C-RING, B-47 BLACK	2	26LH	310-00204	LEVELER, CDT/ACHIEVER/CG2	4
2H66	302-01348	M10*1.5-210, HEX HEAD BOLT	1	2GWU	310-00207	MAG BRAKE CABLE; ACHIEVER, CDT	1
2H4J	302-01349	RETAINING RING, ACHIEVER	1	20N8	310-00215	POP PIN, SEAT POST	2
2DM4	302-01352	WASHER, HANDLEBAR 10.2MM IDX35MM	2	240E	310-00216	HOLDER, WATER BOTTLE CG1-HR	1
21ZR	302-01353	CROWN NUT, M10*1.5-120 BLACK	3	2MPS	310-00234	POP PIN, CG1-HR	2
0J4J	302-01354	WASHER, FLAT M10*20-2	3	2GQN	311-00040	EDDY CURRENT BRAKE,EVO-1/600E/A7E	1
2HT3	302-01355	SCREW, HEX SOC TRUSS HEAD M10*1.5-80 BLK	3	2CTS	311-00078	DRIVE PULLEY, CENTER-G/ACHIEVER	2
0JUU	302-01358	BOLT, HEX SOC HEAD CAP M8*1.25-16 BLACK	6	2CTQ	311-00079	DRIVEN WHEEL, CENTER-G/ACHIEVER/DCT	2
22LR	302-01401	C-RING, A-16 T=1.2 BLACK	1	01J8	313-00069	REED SWITCH	1
0J3P	302-01444	ALLEN WRENCH, REXON	1	01HU	313-00072	POWER SOCKET	1
0K4T	302-01445	SCREW, CR.-RE. TRUSS HD. M5X0.8-20	48	2MXU	313-00407	WIRE ASSY, 1100MM CG1-HR	1
0KN2	302-01447	NUT, HEX M10X1.25 T=4	2	2MY1	313-00410	WIRE ASSY, 550MM CG1-HR	2
21GM	302-01448	WASHER, FLAT 4X10-1 BLACK	8	2GTS	313-00416	WIRE, UPPER CONSOLE 2464X24AWGX1400MM	1
21ZS	302-01449	SCREW, CR. RE. PAN HD.	6	2P0U	313-00436	CABLE SHIELD	1
25ZC	302-01450	SCREW, HEX. SOC. TRUSS HD. M4X0.7-8 BLAC	8	2NUN	313-00437	WIRE HARNESS, MAIN	1
294S	302-01451	WASHER, FLAT 10X25-3 BLACK	2	2NUP	313-00438	WIRE HARNESS MAIN	1
2HT7	302-01453	SCREW, HEX. SOC. TRUSS HD. M10X1.5-120	3	2P14	313-00439	CPOWER CORD CLAMP	1
2K9U	302-01454	SCREW, HEX. SOC. TRUSS HD. M6X1.0-10 #	6	01FD	314-00001	LEFT STICKER 600E	4
2LXT	302-01455	BOLT, HEX. SOC. HD. CAP M12X1.75-55 BLAC	2	01FE	314-00002	RIGHT STICKER 600E	4
2GS1	302-01472	PIN, CG1-HR	2	2DZV	314-00027	CAUTION LABEL, CENTER-G	1
2GS1	302-01472	PIN, CG1-HR	2	2NRK	314-00134	OVERLAY, E-CZ100, E-CZ200, E-CZ3	1
0K71	302-01473	CR.RE. TRUSS HD SCREW (COVER) CG1-HR	4	2NRR	314-00135	Decal, Resistance Toggle Sticker, E-CZ10	1
2LGS	302-01474	BUSHING, CG1-HR	2	2NRL	314-00136	Decal, Body Composition Sticker, E-CZ100	1
2JAW	302-01476	WRENCH 17MM	1	2NRM	314-00137	Decal, Program Center Sticker, E-CZ100/E	1
2JAX	302-01477	CRESCENT WRENCH	1	2NRX	314-00141	Decal, Bottom Shroud Sticker Right, E-CZ	1
2JAY	302-01478	SCREWDRIVER E05KY	1	2NRY	314-00142	Decal, Bottom Shroud Sticker Left, E-CZ2	1
0K84	302-01585	CR. RE. COUNT HD TAPPING SCREW	3	2NSE	314-00144	Decal, Stride Sticker, E-CZ300	2
0KA9	302-01586	CR.RE. PAN HD. TAPPING SCREW, E-CZ100	2	2CU9	319-00223	COLLAR, POM, CENTERG	2
0JZU	302-01591	CR.RE. PAN HD. TAPPING SCREW M4*18-8	2	21LG	319-00225	COLLAR, CENTERG	2
0KBP	302-01591	CR.RE. PAN HD. TAPPING SCREW M4*18-8	2	2CU8	319-00229	SHAFT WHEEL	2
2P2Z	302-01592	COMPRESSION SPRING	4	2MT0	319-00395	JOINTER E07KY(CG1-HR)	2
0KDH	302-01593	SCREW, M5X0.8-8 BLACK ROHS	6	2P30	319-00396	FIXED COLUMN	4
2DAK	304-00019	BELT, POLY-V BELT PJ450	2	2MP8	323-00541	LEVER ARM, ASSY CG1-HR	1
2GPZ	305-00169	COVER, SIDE LEFT INNER, ACHIEVER	2	2MU2	323-00542	LEVLER ARM, LEFT CG1-HR	1
2GPW	305-00171	COVER, SIDE RIGHT INNER, ACHIEVER	2	2MYD	323-00544	HANDLEBAR ASSY, CG1	1
2GQS	305-00173	COVER, ACHIEVER	1	2GPY	323-00603	SIDE COVER (L,O)	2
2MYG	305-00220	COVER, SIDE RIGHT TOP CG1-HR	1	2NT4	323-00604	HANDRAIL RIGHT UPPER	1
2MZ4	305-00221	COVER, SIDE LEFT TOP CG1-HR	1	2NT5	323-00605	HANDRAIL LEFT UPPER	1
2MR5	305-00222	COVER, PLATE CG1-HR	2	2GPV	323-00606	SIDE COVER(R,O)	2
2MX4	305-00223	COVER, BRACKET CG1-HR	2	2NG3	328-00085	AXLE SEAT,UPPER, E-CZ100	1
2GTM	305-00236	TOP CONSOLE PANEL, E-CZ100	1	2NFW	328-00086	AXLE SEAT,LOWER, E-CZ100	1
2GTN	305-00237	BOTTOM CONSOLE PANEL, E-CZ100	1	2NTN	328-00087	FOAM, E-CZ100	2
2HRD	305-00238	SIDE COVER, RIGHT	1	2N3N	330-00095	CENTER SHAFT ASSEMBLY,W/HOLE CG2/CDT/ACH	4
2HRE	305-00239	SIDE COVER, LEFT	1	2CRJ	330-00098	CENTER SHAFT 90 DEGREE	1
2D3G	306-00622	PEDALS, EVO-1, CENTER-G/ACHIEVER/CDT	2	2KX7	331-00105	BALL BEARING, 6203ZZ	4
2AX2	306-00668	TRANSPORTATION WHEEL, CENTER-G	2	2KX8	331-00106	BALL BEARING, 6204ZZ	2
2CS3	306-00669	SHAFT SLEEVE, CENTER-G/ACHIEVER/CDT	2	2KX9	331-00107	BALL BEARING, 6005ZZ	18
2D2K	306-00680	FLYWHEEL COVER, (NEW STYLE) CENTER-G	4				

Exploded View



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime **Electronics and *Parts: 2 yr** **Labor: 1 yr** **Missing/Cosmetic Parts: 30 Days**

Limited Warranty
This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup,* under normal use, and during the applicable warranty period, unless otherwise determined by Keys.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies
During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

Replacements and Returns
If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys.

Conditions and Restrictions
This warranty ***DOES NOT*** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release
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